



fitness memberships



Your Fitness Membership

Enjoy substantial savings by purchasing a fitness membership, rather than paying drop-in fees. Choose from one-month, three-month and annual terms and enjoy:

- More than 150 drop-in fitness classes per week at 11 locations
- Indoor cycle classes
- Circuit training classes
- Public swim and skate sessions
- Lane swimming at 3 of our 4 pools
- 9 weight rooms at 6 locations
- Squash, racquetball, and table tennis
- Steam rooms, saunas and whirlpools
- Trail Trekkers hikes and walks

See northvanrec.com/membership for more details.

In the Fitness Studio, Gym or Weight Room

Over 150 weekly classes to choose from. Please note that our circuit training classes require previous experience with weight room equipment or a weight room orientation.

In the Pool

Enjoy a workout in the pool with an aquacise class! You can take it easy on your joints and still get an effective workout. Choose from a variety of levels and programs.

"Exercising regularly is a great way to help you stay healthy, keep in shape and reduce stress. So if you want to keep fit, tone up, or simply have fun, review our list of fitness class descriptions online."

Chris
Group Fitness Instructor
Harry Jerome & other facilities



fitness classes

We have over 150 drop in classes to choose from at 11 locations each week.

With a membership you can access all these classes as often as you want!

Level 1

Beginner

You are returning to exercise after a break, are just starting out or prefer a slower pace. Classes are low-impact, simple and transition easily from one exercise to the next.

Level 2

Intermediate

You have been exercising regularly for a few months and are looking for more complexity and intensity in your classes.

Level 3

Advanced

You are a seasoned exerciser looking for classes that will motivate and challenge you.

Fitness Class	Level	Fitness Class	Level
Active with Arthritis	1-2	Legs, Bums, Tums	2-3
Aerobics Mild/Moderate	1-3	Masterswim	1-3
Aquafit, Aquamax	1-3	On the Ball, 55+	1-3
Bomba Fitness	1-3	20-20-20	2-3
Bootcamp	2-3	Pump it Up	1-3
Cardio Kickbox	2-3	Step	1-3
Chair Fitness	1	Strictly Stretch	1-2
Circuit Training, Mild, 50+	1-3	SwimFit	1-3
Fit & 50+, Fit & 60+	1-3	To The Core	2-3
Elderobics	1	YoFit	1-3
Indoor Cycling	1-3	YoStretch	1-3
Interval Body Conditioning	2-3		

For class times, locations and descriptions visit northvanrec.com/schedules, call 987-Play (7529) or stop by any Community Recreation Centre front desk!



registered fitness programs



From Kick-Start Fitness and Group Cycling to Core Stability Training and Baby & Me Fitness, **northvanrec** has a huge variety of programs for kids, youth, adults and seniors. Exercising regularly is a great way to help you stay healthy, keep in shape and reduce stress. No matter what your age or interests, you'll find something fun to keep you active!

Here are a few of the types of fun program areas and classes we offer:

Indoor Cycling

The newest trend in fitness conditioning. Build skills for your outdoor cycling with a group. Whether you're a novice needing to improve speed and climbing ability or a seasoned cyclist refreshing your technique, our instructors can help. Learn about proper body positioning, use of hamstrings and calves, sprinting and hill climbing. Experience the exhilaration of biking-no matter what the weather!

Cycle & Sport Conditioning

This class combines 45 minutes of indoor cycle with 45 minutes of sport conditioning. Spin & Sport encompasses movement, balance, full body and core strength training with aerobic and anaerobic intensity. Whether you run, bike, hike, paddle or climb, this program will prepare your body for the demands of your sport and improve your performance.

Cycle & Stretch

This 30 minute cycle and 30 minute yoga stretch class will provide you with a well rounded fitness workout. Perfect for the first time spinner who would like a gentle introduction to indoor cycling.

The Revolution

A high-energy, 75-minute workout to music that takes you over mountain passes, chasing the pack and pushing your limits.

visit
www.northvanrec.com
for more
fitness
programs!

registered fitness programs

Walking, Hiking and Running

Pick up a Get Walking Guide and join a group of highly trained walk/run leaders to help you improve your health and fitness and have a great time in the process. Meet new people, learn more about nutrition, hydration, footwear, clothing, injury prevention and a lot more.

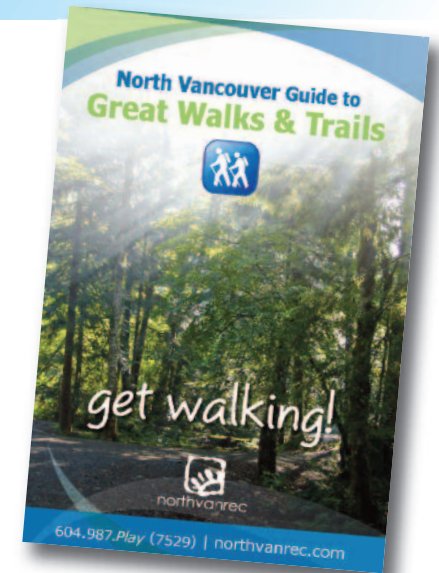
General Fitness

Aquatic Fitness

Water-based exercise classes give your body a total workout with little impact or joint stress. Workout intensity is moderate to vigorous and appropriate for all levels. See the pull-out section for more details on the different classes and times.

Cardio Funk Dance

Do you want to dance your way to feeling great? Does music move you? These are the classes for you. No experience is required, just show up and have fun. Hope to see you there.



Zumba Fitness

This class fuses hypnotic Latin and international rhythms with easy to follow moves creating a dynamic workout system that will blow you away. Zumba utilizes the principles of interval training and resistance training to maximize caloric output, fat burning and total body toning. It uses a variety of styles in its routines, including Cumbia, Soca, Merengue, Salsa, African, Reggaeton, Flamenco, Funk, and Bellydance. Zumba is a "feel-happy" workout that is great for both body and mind.



"In addition to drop-in fitness classes available each week, we offer a number of excellent registered multi-session fitness courses outside of our memberships that are designed to improve your health and wellness."

Steve
Group Fitness Instructor
Ron Andrews
& other facilities